

The background of the entire page is a rustic wooden surface covered with a lush arrangement of red berries and green leaves, some of which are dusted with white powder. In the top left corner, there is a white rectangular logo with a thin gold border. The logo contains the text "Marlene's" in a large, elegant script font, followed by "MARKET & DELI" in a smaller, bold, sans-serif font, and "shop local, eat organic" in an even smaller, lowercase sans-serif font at the bottom.

Marlene's
— MARKET & DELI —
shop local, eat organic

SOUND OUTLOOK

December 2017

Holiday Gift Guide

groceries supplements deli body care catering

NATURAL ORGANIC GLUTEN-FREE NON-GMO



A from Marlene...

inside this issue

- 2 A Note from Marlene
- 3 Borani Esfanaj: A Persian Spinach and Yogurt Appetizer
- 4-5 Mercantile Magic
- 6-7 Presents for the Pantry
- 8 Brewing Up a Smile
- 9 Get in the Spirit!
- 10-13 Body Care Fare
- 14 Defeating the Winter Blues
- 15 Dark Chocolate Rosemary Toffee
- 16-20 In-Store Sales
- 21 From Our Deli to Your Table
- 22 Speakers & Classes
- 23 December Calendar of Events

As 2017 is coming to a close, I want to thank everyone for looking after the health and wellbeing of your friends and family and yourselves. I especially want to thank you for letting us be part of that. What a wonderful community we have built together in our beautiful little corner of the world. It is an honor to be here serving you!

Please enjoy our gift guide this month. I hope it gives you some unique ideas for the holidays. And did you know that we have gift cards available? They're very popular this time of year. Pretty convenient for those folks in your life who are tough to shop for. Come see us and we'll help you any way we can.

Let's all focus on continued health in the New Year. Every day we get to make decisions that can lead us closer to wellness. Taking care of each other is surely our best choice.

Much love and best wishes,

Marlene



Advertising & Marketing Coordinator | Diane Sellers | diane@marlenesmarket-deli.com
Copy Editor | Delaney Dvorak | delaney@marlenesmarket-deli.com
Design | Kobalt Design Group
Education Coordinator | Elizabeth Ashbrook | classhost@marlenesmarket-deli.com
Sound Outlook Coordinator | Joe Moralez | joemoralez@marlenesmarket-deli.com

Questions or comments? Contact us at feedback@marlenesmarket-deli.com.

The views expressed by our writers, instructors, and advertisers do not necessarily reflect those of Marlene's Market & Deli and have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease. Information contained in this publication should not be used to replace qualified medical care. Consult your complementary health care practitioner if you have questions.

marlenesmarket-deli.com



Borani Esfanaj:

A Persian Spinach and Yogurt Appetizer

by Mitra Mohandessi

Persian cuisine is rich with hearty, nutrient-dense, and wonderfully flavorful dishes – Borani Esfanaj, or spinach borani, is no exception. Borani is a Persian dish made with yogurt and a cooked vegetable. Spinach borani is packed with flavor and healthful ingredients - suitable for any time of the year, but important enough to be present at every Persian New Year dinner table. To this day, I enjoy spinach borani, just as I did as a child, when I would come home from school and have it as my afternoon snack. Typically garnished with yogurt and served with bread, this recipe is a perfect appetizer for your next gathering... or just a Tuesday evening.

2 bunches	spinach, washed, drained and chopped
1	medium onion, finely chopped
¼ cup	olive oil
3-4 cloves	garlic, peeled and chopped
¼ tsp	turmeric (optional)
1 Tbl	mint, dried
32 oz	yogurt
	salt and pepper, to taste
	lavash or any flat bread

In a frying pan, sauté the onions in 2 tablespoons of oil. When they are golden, add chopped garlic and turmeric. Remove from the pan and place in a bowl. Lightly sauté the spinach with 1-2 tablespoons of oil on medium-high heat. Strain the juice; add spinach to the onions and garlic. When cooled, add the yogurt, dried mint leaves, salt and pepper and mix thoroughly. Place in a bowl and garnish with a teaspoon of plain yogurt and some mint. Serve with flat bread.



Hydroflask is the perfect companion for your hot cocoa on-the-go! Tacoma's Mercantile Department Head, Brigit, loves how they keep your beverages at the temperatures they were meant to be enjoyed, when and wherever you want to drink them!

Celebrate the special occasion of baby's first Christmas! Market Supervisor, Heidi, suggests a holiday onesie by **Milkbarn**, a cozy blanket, and a cute stuffed animal that baby can grow up with. She adds, "Don't forget something for mom!"



Mercantile Category Manager, Tashe, loves these UV-powered, transportable **SolarPuff** lanterns by **Solight Design**. "They are so cool! They offer colorful lighting options that are great for camping or just hanging out."



Go with the flow and gift clean, filtered water! Michelle, Bulk Category Manager, recommends the **EcoFlo 2.0 Pitcher** for its crisp, great-tasting water and long-lasting filter.

Mercantile



Price Coordinator, Rebekah, recommends checking out the unique style of **Bodhi Jewelry**. Each piece is made with hypoallergenic sterling silver, so they won't irritate sensitive skin.

Colorful and fun gift bags from **Roger la Borde** are the perfect complement to a thoughtfully chosen gift. Also, find stylish gift wrap, gift bags, and tissue from **Pomegranate** and **The Gift Wrap Company**.





Himalayan Raw Salt Night Light is the perfect way to rejuvenate and boost serotonin levels while you sleep. Salt lamps cleanse and purify the air by restoring negative and positive ion balance – you can feel the freshness!

Inspire healthy eating with one of the beautiful cookbooks found at Marlene's. Slow down with **Whole Food Slow Cooked: 100 Recipes for the Slow Cooker** by Olivia Andrew. Learn to incorporate bone broths, fermented vegetables, grass-fed meats, wholesome fats, and raw dairy into your diet with **The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle** by Jennifer McGruther. Enter the world of pickles, kimchi, and sauerkraut with **Ferment Your Vegetables** by Amanda Feifer.



Maroma incense and fragrance products are a concert of French and Indian aromatic traditions. Committed to Earth-friendly ingredients and environmentally responsible manufacturing practices, Maroma's superior and diverse products are designed to refresh while promoting a sense of well-being and balance. Their products are guaranteed Fair Trade through the World Fair Trade Organization.

Magic



Rapti Fashion is a colorful array of Fair Trade scarves and wraps that are handmade in Nepal. They come in a variety of styles, textures, and colors to choose from at affordable prices. Scarves keep you warm and bring a sense of style and color to any outfit. The perfect gift for a friend or loved one!

Pomegranate Artpiece Puzzles feature unique, hand-painted images and a varying range of difficulty. These intricate and engaging puzzles are designed and constructed to challenge and delight puzzles for generations.



Boody Wear knows bamboo is a miracle fiber. Naturally eco-friendly, wonderful to wear, resilient, superbly soft, and healthy for even the most sensitive skin. Boody outperforms traditional and new fibers, natural and synthetic. EcoCert certified bamboo doesn't use any fertilizers or pesticides. Check Marlene's mercantile department for a full line of intimate essentials.





"I love giving food as a gift – a cheese, meat and seasonal fruit basket is usually something everyone can enjoy." Perishable Department Head, Ashely, suggests **Olli's** salami, **Laura Chenel** goat cheese, and some apples and pears to sweeten things up!



Body Care Department Head, Liz, is a big fan of **SunRidge Farms** Fair Trade Milk Chocolate Peanut Butter Malt Balls, and you will be too -"YUM!"

Market Clerk, Amber, believes there is nothing better than a warm cup of tea to help unwind after a long day. "I always make sure I have **Republic of Tea** Brain Boost and Serenity blends stocked in my cupboards at home."



Presents for t

Education Coordinator, Elizabeth believes that complete health and wellness is a gift in itself. "**Terry Naturally CuraMed** is so effective for inflammation! And don't forget to treat yourself to some **Cobb's** Sunbutter Cups for additional happiness."



Need a deliciously impressive treat for a certain sweet-toothed vegan? Demo Coordinator, Pamela, suggests trying any (or all!) of **Marlene's** Homemade Cashew Cakes!"

Merchandiser, Cory thinks coffee lovers will get a kick out of **Kicking Horse** Smart Ass Coffee. "You are what you drink!"



Market Supervisor, Carmen, loves **Equal Exchange!** "Their teas and chocolates are Fair Trade and grown by small, independent farmers across the world."



4th & Heart is on a mission to modernize ancient pantry food staples. Their grass-fed ghee comes in beautiful packaging and is available in flavors such as California Garlic, Himalayan Salt, and Madagascar Vanilla. Maximize buttery flavor while you minimize its use with their Ghee Oil – available in sprayable or pourable containers.



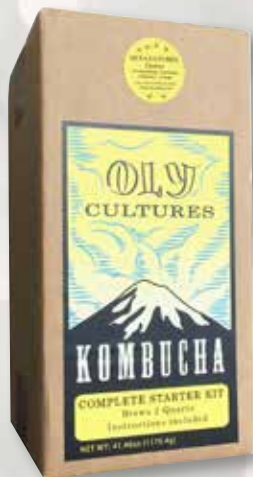
"Start your own fermentation journey!" Demo Coordinator, Laura, recommends **Cultures for Health** variety of starter kits, including kombucha, yogurt, sour cream, water kefir, and sourdough bread. Great for the whole family to make together!

the Pantry

Fancy a fancy cocktail? **The Bitter Housewife** bitters are small-batch crafted in Portland to add spice and depth to your favorite cocktail. **Owl's Brew** provides the at-home-entertainer an effortless way to offer craft cocktails made from tea, whole herbs, agave, and the spirit of your choice. **Raft Essentials** Cocktail and Soda Syrup can be used to create craft cocktails and sodas without compromising ingredient quality.



If you know a chocolate-lover, we've got you covered. Grocery Department Head, Scarlett, assures: "Any chocoholic's holiday isn't complete without **Theo** Holiday Organic Chocolate Bars!"



Complete Kombucha Starter Kits from **OlyCultures** are a long-time favorite for the first time kombucha brewer. They come with all of the necessary ingredients (besides water) and complete brewing instructions.



Deli Clerk, Jaron, believes that the keys to a successful winter holiday are the complex floral flavors, spicy aroma, and citrus hoppiness of **HUB** Abominable Winter Ale.

Market Manager, Latara, encourages you to share the joy of some of the simple things in life. "Cozy up with a glass of **Cougar Crest Cabernet Sauvignon** and a toasty **Hot Sack** to melt away those aches and pains on a chilly night."



Brewing Up a Smile



Taste the good vibes of **Unity Vibration** kombucha! Everything you love about beer, paired with the tart flavors and gluten-free goodness of kombucha.



Is there a fruit lover on your list? **Finn River** offers cider, brandy, and fruit wine options that are made in the spirit of the old cider traditions, but with an approachable new perspective! Finn River is local to Chimacum, WA and certified by B Corp.



Your local wine connoisseur is sure to enjoy **Montinore Estate** biodynamic wines made from Willamette Valley estate vineyard grapes! Their Red Cap Pinot Noir is priced to be your go-to wine that tastes like your special occasion bottle. Please lighter palates with Borealis – the clean, bright, and uplifting cool-weather white blend.



Get in the Spirit!

Marlene's is proud to introduce artisan spirits into our Beer and Wine Department! You asked for liquor and liqueurs from local and organic distillers, and we delivered! You can now find carefully crafted spirits that are held to the same high ingredient standards Marlene has set for the rest of her store.

Salish Sea Hibiscus Liqueur

is made with the petals of red hibiscus flowers imported from Egypt and a cold maceration process, creating a vibrant flavor that's sweet and tart at the same time. Pair with lemonade and citrus cocktails, or use as a grenadine substitute.



Greenbar Distillery, Los Angeles' first distillery since Prohibition, creates organic craft spirits for everyone seeking a higher level of taste and an easier way to make delicious cocktails. From velvety vodka to adventurous whiskey, enjoy their deeply flavorful spirits that are made in the heart of LA.



123 Organic Tequila (Uno Dos Tres)

was specifically designed with wine enthusiasts in mind. The delicate aromas and complex mineral flavors are a result of artisanal, small-batch distillation and estate hand-bottling. From pristine agave to hand-blown bottles made with recycled glass and labeled with soy inks, sustainability is the hallmark of this distillery.



Bluewater Organic Distilling

Halcyon Gin has a classic London Dry aromatic profile with a citrus-forward brightness. It is a gin that is both traditionally engaging and versatile. Aromatics steep for 24 hours in hand-hammered copper kettles, followed by a masterful distillation to capture the essence of Halcyon.



Brainbridge Organic Distillers

sources from small, organic family farms in Washington. Their spirits capture the essence of the historical estate grains they use. Experience the full, luscious flavor of Bainbridge's Legacy Organic Vodka, judged "World's Best Vodka" in 2014 from a field of more than 1,000 competitors at the World Drink Awards in London.



Crop Harvest Earth Organic Vodka

is USDA Certified Organic, artisanal vodka grown on the American Plains and harvested from healthy, fertile soil free from artificial fertilizers, pesticides and chemicals. Try their crisp Cucumber Vodka in your next Bloody Mary for a refreshingly clean kick, or create your own exciting new recipes!





Body Care Department Head, Roberta, knows that radiant skin is always in! "Keep that summer skin glowing throughout the cold and bitter winter with yummy body scrubs and butters from **V'TAE**."



Marlene's essential oils are 100% pure and never adulterated. Laboratory testing verifies the identity of each oil. The oil's smell, an indicator of quality, is tested by a trained aromatherapist. Physical inspection is done for color, clarity, and viscosity. Marlene's essential oils are sourced for quality, not price, ensuring the finest grade for aroma therapy.



Demure offers 100% mineral foundation and eye shadows that contain no chemicals, hazardous preservatives, dyes, or scents. Treat your skin right with this cruelty-free, light to full coverage powder that provides the natural skin-soothing and sun-protecting benefits of zinc. See and feel the difference of natural beauty today!

Body Care



Federal Way Store Director, Kim, can't get enough of **Earthly Body** Skinny Dip Hemp Oil Lotion. "The hemp oil keeps my skin hydrated all day, plus it just smells so good!"



For an enchanting fragrance that lasts throughout the day, layer **Kuumba Made's** exotic fragrance oils with their new line of luxurious body lotions, including favorites like Persian Garden, Egyptian Musk, and Frankincense & Myrrh.



The **Alaffia** Neem Turmeric Face Care line offers refreshing and clean mint aromas with a blend of active botanicals—including moringa, yarrow, shea, and tea tree—to deliver antioxidant-rich formulas adept at promoting clarity and a youthful appearance.

Uncle Harry's Natural Products is a family-run adventure in innovation, dedicated to making earth-friendly products at people-friendly prices! They are extremely proud to offer some of the cleanest and most affordable body care products available. All of their formulations are handmade using only the finest quality botanicals, including local, organic, and sustainable raw materials.



are Fare

Cocokind is a certified organic and socially conscious skincare line that is based around virgin coconut oil and plant-based superfoods. Their face and body products are completely chemical-free, preservative-free, and even water-free! With no more than 5 ingredients in any of their products, what you see is what you get.



Market Supervisor, Darcie, shares her favorite essential oils: "Lemongrass's fresh and citrus-y aroma is great for cleansing and refreshing the air. And if your immune system or sinuses have been compromised, **Uncle Harry's** Breathing Mix will give you life!"

HerbaTint contains no parabens, ammonias, or harsh chemicals, and is safe for sensitive scalps and previously color-treated hair. Colors, nuances, and shades offer each woman the color that best expresses her personality. Give the gift of natural expression this holiday season!



Nail polishes and removers by **No Miss** and **Mineral Fusion** will keep your nails healthy and conditioned throughout the length of your manicure and beyond. Show your true colors or gift a little nail glitz without all the damaging chemicals!



Seaweed Bath Company is driven by science-backed research, unwavering curiosity, and the desire to offer accessible beauty products that embody the vitality and healing wonders of the ocean. Their proven effective formulas naturally detoxify, replenish, and protect your skin with certified organic seaweed that is sustainably hand-harvested off the coast of Maine..



NOW® Solutions essential oil kits and ultrasonic diffusers make the perfect gift. NOW's diffusers use tap water and ultra-sonic vibration to create an aromatherapy mist that soothes the senses. With several essential oil kits to choose from, it's easy to give the gift of natural aromatherapy this holiday season!

Suzi's Lavender has been devoted to healing and soothing the mind and body for the greater global good since 1865. Calming and rejuvenating organic lavender essential oil-infused creams and balms effectively combat blemishes, eczema and psoriasis, cracked skin, and aching joints.



Market Clerk, Catarina, and Deli Clerk, Chloe, suggest giving the gift of crafty cleanliness! Let a body care expert help you put together an impressive Spa Day basket in a few simple steps. Throw in some fun and glittery **Pacha** bath bombs, soothing face masks from **Andalou**, and revitalizing coffee scrub from **CocoRoo**!



Naturulz makes remarkably different topical pain and wellness alternatives that deliver powerful nutrients directly to your problem areas. Made without chemicals and synthetic fillers, these products focus on reducing pain, restoring natural wellness, improving circulation and balancing overall health. Naturulz is made in the Pacific Northwest and offers three different formulas for your specific needs: Ultimate Healing Cream, Total Foot Repair, and Total Body Wellness.

Look no further than **Badger** for all-natural and certified organic gifts—from lip, mind and body balms that protect and soothe, to pure and gentle products for baby's delicate skin. There's even something for the well-groomed man. As a family-owned and operated B-Corp company, Badger has been keeping people and the planet happy for over 20 years.



AnneMarie Borlind Natural Beauty has been the forerunner in innovative and nature-friendly cosmetics for decades, using scientifically-proven ingredients to soothe, regenerate, and balance your skin's natural flora. Try AnneMarie Borlind LL Regeneration line—free of preservatives, fragrances, and synthetic colorings.



Refresh your skin from the ever-present UV rays of the sun with **Mad Hippie** Vitamin C Serum. It's packed with antioxidants that protect against and reverse sun spots and fine lines and improve the texture of stressed out skin!



Give the gift of happy skin this holiday season with **Trilogy** limited edition Botanical Beauty gift sets. Offering a range of options to suit all complexions, these certified natural skincare collections come in reusable boxes and will be sure to surprise and delight friends and family alike!



Cinnamon and Orange Holiday Spray by Aura Cacia

Create a cheerful holiday mood with this spicy-sweet air freshening and body spray.

18 drops	sweet orange essential oil
18 drops	cinnamon leaf essential oil
2 fl oz	water
1	2-oz amber mist bottle

In bottle, combine essential oils and water. Replace lid and shake until well blended. To use, shake bottle and mist into airspace around home. A portion of every Aura Cacia purchase supports their Positive Change Project, which helps women who are trying to better their lives in the face of overwhelming difficulties.



Market Manager, Jeanne, recommends **Trilogy** Active Enzyme Cleansing Crème. "It deep cleans your skin, leaving it perfectly clean and protected—this product is critical for wise women's skin!"

It was love at first mist when Market Supervisor, Karen, tried **Wild Carrot Herbals** Love in a Mist Facial Toner. Key ingredients of softening Sake, strengthening rose geranium oil, and brightening wild carrot essence hydrate and balance your skin like a warm summer rain.

Defeating the Winter Blues

by Oksana Mulyukova, ND, EAMP

With winter comes cozy sweaters, hot cocoa, and peppermint everything! But the shorter days and longer nights can create a difficult time for people with Seasonal Affective Disorder (SAD). According to The Academy of Family Practice, up to 25% of the U.S. population suffers from SAD—a type of depression that typically starts in the late fall or early winter and goes away during sunnier seasons. If you are one of many who finds their mood darkening as days grow shorter, you may be experiencing SAD.

SAD is not caused by the cold, but by the diminished light. People who live in northern latitudes where days are shorter in the winter suffer from SAD at a much higher rate. In fact, only 1.5% of Floridians experience SAD, whereas up to 12% of Washingtonians struggle with it. Researchers think that lack of sunlight affects brain chemistry leading to higher levels of melatonin and lower levels of serotonin, as well as lower levels of vitamin D.

Why are some people more susceptible to SAD than others? There are several attributes that may increase your risk of SAD:

- **Being female.** SAD is diagnosed four times more often in women than men.
- **Family history.** People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.
- **Having depression or bipolar disorder.** The symptoms of depression may worsen with the seasons if you have one of these conditions.
- **Younger age.** Younger adults have a higher risk of SAD than older adults. SAD has even been reported in children and teens.

What can be done to alleviate symptoms of SAD? There are several simple things you can do every day to make winter blues go away:

1. Exercise regularly to increase the production of our “feel good hormones” which stimulate the thyroid gland and decrease the sense of lethargy.
2. Eat healthy foods high in vitamin D or take a supplement. Talk to your doctor about a blood test to measure your vitamin D levels and recommend a daily dose.
3. Use light therapy to replace the diminished sunshine of the darker months. Mood-boosting bulbs can be found to fit a majority of fixtures. There may be some side effects of light therapy such as dry eyes, headaches and insomnia. Discuss using light therapy with your doctor if you have bipolar disorder or taking any medications that react to bright light.
4. Acupuncture can alleviate symptoms of depression and SAD. A study published in the Journal of Alternative and Complementary Medicine found that electro-acupuncture – in which a mild electric current is transmitted through needles – was as effective as one of popular anti-depressant medication in reducing symptoms of depression.

Symptoms of Winter SAD include:

- Feeling hopeless or worthless
- Low energy
- Losing interest in activities you once enjoyed
- Trouble sleeping or too much sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Difficulty concentrating
- Frequent thoughts of death or suicide
- Overeating/weight gain
- Craving carbohydrates
- Social withdrawal (feel like hibernating)

If you recognize a pattern of SAD in your winter blues, don't wait to address your needs. Know with confidence that there is a variety of treatments that can help.

Dr. Oksana Mulyukova is a naturopathic physician and an acupuncturist who practices in Tacoma and Lakewood, Washington. She is an in-network provider for major insurance companies. To learn more about, Dr. Mulyukova or to schedule an appointment go to tacomamaturalhealth.com.

Dark Chocolate Rosemary Toffee

by Organic Valley

Break a piece of chocolate covered toffee and try not to smile. We dare you. Organic Valley Unsalted Butter is the secret ingredient to this family-table favorite.

Makes 25 bite-sized servings.

$\frac{3}{4}$ c	Organic Valley Unsalted Butter
1 c	granulated sugar
$\frac{1}{2}$ c	water
$\frac{1}{8}$ tsp	salt
6 oz	dark chocolate, melted
2-3 tsp	rosemary leaves, finely chopped
	Kosher or coarse sea salt, to taste

Line the bottom and sides of a large, rimmed baking sheet with parchment paper. Coat paper with non-stick cooking spray.

In a medium-sized, heavy-bottomed sauce pan, combine butter, sugar, water and salt. Bring to a boil over high heat, stirring often. Reduce heat to medium; boil gently without stirring until temperature reaches 305 to 310 degrees F (hard crack stage).

Remove from heat; immediately pour onto prepared pan. Mixture will spread to about 10x7 inch rectangle. Let stand at room temperature until cooled completely.

Spread melted chocolate evenly over toffee; sprinkle rosemary and salt evenly over chocolate. Refrigerate until chocolate is set, about 30 minutes. Cut or break toffee into pieces. May be stored in refrigerator or at room temperature in an air-tight container for up to 1 week.



**KETTLE BRAND
Organic
Potato
Chips**



5 oz.
Assorted varieties
Reg. 3.39

\$2²⁹

**SANTA CRUZ ORGANIC
Organic
Juice**



32 oz.
Assorted varieties
Reg. 5.05

\$3⁵⁹

**LILY'S SWEETS
Baking
Chocolate Bar
or Chips**



Stevia sweetened
4 - 9 oz.
Assorted varieties

**30%
off**

In store prices reflect discount

KICKING HORSE

**Organic
Coffee**



10 oz.
Assorted varieties
Reg. 13.15

\$9⁴⁹

R.W. KNUDSEN

**Organic Sparkling
Celebration Juice**



750 ml.
Assorted varieties
Reg. 5.09

\$3⁶⁹

LUNDBERG

**Rice
Chips**



5 oz.
Assorted varieties
Reg. 3.69

\$2⁴⁹

**GARDEN OF EATIN'
Party Size
Corn Chips**



16 oz.
Assorted varieties
Reg. 5.99

\$3⁷⁹

SPECTRUM NATURALS

**Spray
Oil**



5 - 6 oz.
Assorted varieties

**30%
off**

In store prices reflect discount

DANDIES

**Vegan
Marshmallows**



10 oz.
Reg. 5.15

\$3⁶⁹

DR. BRONNER'S

**Organic
Coconut Oil**



14 oz.
Assorted varieties
Reg. 11.95

\$7⁹⁹

EQUAL EXCHANGE

**Organic
Chocolate**



Fair Trade, 80g
Reg. 3.19

**2 \$5
for**

SOUND OUTLOOK

Marlene's

ANDALOU Body Lotion or Shower Gel

8 - 8.5 oz.
Assorted varieties

**BUY ONE
GET ONE
FREE**

DR. BRONNER'S Pure Castile Bar Soap

5 oz.
Assorted varieties
Reg. 4.69



\$3³⁹

SO DELCIOUS Coconut Yogurt

24 oz.
Assorted varieties
Reg. 7.15



\$5⁹⁹

SO DELCIOUS Coconut Milk Creamer

16 oz.
Reg. 2.89



\$2²⁹



GABRIEL & ZUZU LUXE Cosmetics

Complete lines
Assorted varieties
& sizes

20%
In store prices
reflect discount

PURE PLANET Organic Aloe Vera

Immune + C
Passion fruit orange
160 gr
Reg. 31.99



\$24⁹⁹

Get Your Gut in Check!

- Features *B. longum* BB536®, the most researched and effective strain of probiotics
- Provides powerful support for immune and gastrointestinal health
- Non-GMO, potency guaranteed



**natural
Factors**

SAVE 30%!

All Digestive Health Products

In store prices reflect discount

ODWALLA Juice, Smoothie or Protein Drink

15.2 oz.
Reg. 3.29



\$2⁴⁹





**HEALTHFORCE
Earth**

Superfood,
grounding
nutrition
150gr
Reg. 31.19

\$24⁹⁹

HEALTHFORCE
Vitamineral
Greens 150gr., Reg. 31.19..... **24⁹⁹**

SOURCE NATURALS

**Wellness
Formula**

Comprehensive
seasonal support
90 tabs, Reg. 24.25



\$14⁹⁹

SOURCE NATURALS
Wellness Formula
120 caps, Reg. 23.25..... **14⁹⁹**

SOURCE NATURALS

**Wellness
Fizz**

Berry or tangerine
Reg. 7.99



\$5⁸⁹

**Get in the
Citrus Spirit!**

Find sweet and sour
fruits galore in our
100% organic produce
department this
holiday season - look
for your favorites, or try
something new!
Vitamin C packed and
high in fiber, these
citrus fruits will give
your body the boost it
needs to keep you
thriving through the
winter months.

**ORGANIC
Satsumas**

Easy to peel!
Sweet & delicious.

**\$2³⁹
lb.**

**ORGANIC
Navel Oranges**

Full of vitamin C!

**\$1⁴⁹
lb.**

SUPPLEMENTS

Marlene's

ENZYMEDICA Digest Gold

Superior enzyme formula for optimal digestive support.
90 caps
Reg. 47.99

Enzymedica
thera-blend
formula helps
breakdown
nutrients &
converts food
into energy.

\$35⁹⁹

NUTREX Hawaiian Spirulina



Great plant source
of iron & B-12.
400 tabs
Reg. 34.99

\$24⁹⁹

NORDIC NATURALS Omega 3



Assorted varieties
& sizes

**25%
off**

In store prices reflect discount

DR. MERCOLA Complete Probiotics



60 caps
Reg. 37.49

\$28⁴⁹

HERBS ETC. Loviral



Support seasonal
challenges.
60 soft gels
Reg. 27.99

\$19⁹⁹

NEW CHAPTER Seasonal Immune Support Products

Assorted varieties & sizes

**30%
off**

In store prices reflect discount



RENEW LIFE Ultimate Flora Daily Immune

25 Billion
30 caps
Reg. 32.99



\$24⁹⁹

RENEW LIFE Ultimate Flora Extra Care

200 Billion
Powder, 7 pk.
Reg. 26.99



\$22⁹⁹

HIMALAYA Liver Care

90 vcaps
Reg. 24.95



\$19⁹⁹



Marlene's

SUPPLEMENTS



Jump Start Your Weight Loss

- Build lean muscle with organic protein†
- Burn fat with Svetol green coffee bean extract†
- Fight cravings with Organic Ashwaganda†
- Satisfy hunger with prebiotic fiber†
- Support healthy digestion with probiotics clinically studied for weight loss†



35% off

In store prices reflect discount



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Be Prepared to Nip Flu-like Symptoms in the Bud!



6 ct., Reg. 14.99

\$9.99

Oscilloccinum®

Be prepared!

Take Oscilla at the first sign of flu-like symptoms and feel like yourself again!



World leader in Homeopathic Medicines
www.boironusa.com



Marlene's Deli Promise

Every dish in our deli is homemade onsite or created locally and supplied to us by carefully selected vendors. We use organic grains, beans, rice and flours in all of our recipes, as well as free-range eggs, unrefined or organic sweeteners, organic olive oil and non-GMO cold-pressed canola oil. All deli packaging is either recyclable, compostable, or made with high post-consumer waste and soy inks.

Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, green bean casserole, sourdough stuffing and 2 mini pumpkin pies. Sorry, no substitutions.

\$29.99

Gluten Free Dinner for Two

Turkey breast, cranberry orange chutney, gravy, smashed potatoes, seasoned green beans, cornbread stuffing and pumpkin mousse. Sorry, no substitutions.

\$29.99



From Our Deli to Your Table

Don't forget to special order all your catering platters and specialty baked desserts! Try some of our holiday favorites like our **Pumpkin Cheesecake, Eggnog Tres Leche Cake, and Gluten Free Gingerbread Cupcakes!** We offer a wide selection of handmade pies, most of which can be made gluten free! Place your order as soon as possible for best selection and availability.

Apple	Chocolate Cream	Peanut Butter*
Banana Cream	Coconut Cream	Pumpkin
Black Bottom*	Key Lime*	Raspberry
Blackberry	Lemon Sour Cream	Triple Berry
Blueberry	Peach	* not available in gluten free

All orders are available for pick up December 23 and by 4:00 pm on December 24. We are closed Christmas Day. Orders must be paid in advance. Sorry, no substitutions on ingredients.

First-come, first-served – while supplies last.


SUMMIT PUBLIC SCHOOLS
OLYMPUS

NOW ENROLLING
Tours Available

- Free & public charter high school
- College-prep curriculum
- Small and inclusive community
- Personalized learning
- Project-based curriculum

chooseolympus.summitps.org

409 Puyallup Avenue
Tacoma, WA 98421

Phone: (253) 444-9781



December Speakers & Classes at Marlene's Tacoma & Federal Way

Tuesday, December 5 - Tacoma



Homemade Eggnog with Russell Miller 6 pm, \$20

Homemade libations are the cornerstone of winter holiday parties. What better way to celebrate with your friends and family than

with the rich and creamy taste of homemade eggnog? Join Russell Miller, eggnog enthusiast, as he crafts a unique nog that is a combination of Dr. Rebecca Lancesfield's 1918 recipe (as shown on NPR's Science Friday) and Jonathan Hunt's 1926 recipe. Each participant will make a batch and take it home with them. Please pre-register.

Thursday December 7 - Federal Way



Fruit Tree Pruning Essentials Sponsored by the City of Federal Way with Bill Wanless, co-owner of Brooke/ Wanless Gardens 6:30 pm, FREE

You don't have to be a master gardener to get the most out of your fruit trees! Join Bill, an expert arborist with the City of Federal Way for an in-depth discussion and demonstration of strategies and techniques that will allow you to nurture your fruit trees to be as beautiful and abundantly productive as possible.

Saturday, December 9 - Tacoma



Gifts from the Kitchen with Hal Meng, Center for Food Preservation Arts 10 am - noon, \$10

Homemade jams, jellies and other foods make for special and personal holiday gifts. In our Second Annual

Gifts from the Kitchen Workshop, we will be focusing on a special holiday conserve and an herbal tea mix. Everyone will get to make a sample to take home. Please pre-register.

Tuesday, December 12 - Tacoma



Homemade Soap Making with Sarah Willits, founder of Lemonbuzz Soap 6 pm, \$20

AND

Thursday, December 14 - Federal Way 6 pm, \$20

Learn the art of making true old fashioned soap! Sara Willits, the owner of Lemonbuzz Soap, will teach you the hands-on process of making organic cold-pressed soap with raw urban honey from the happy bees of Tacoma. Participants will have the opportunity to pick up their personal soap creations once the soap has cured. Please keep in mind that it takes 4 weeks for soap to fully cure and be ready for use. You will receive a call once the soap is ready for pick-up. Only a long sleeve shirt and bubbly attitude required! You must be 18 or older to participate. Please pre-register.

Mark your 2018 calendar!

Thursday, January 4 - Federal Way

Health Through Detoxification with Dallin Peterson, ND, Tacoma Health 6:30 pm, FREE

Lowering blood pressure and blood lipids through cleansing reduces the two most common risk factors for heart disease. Find out if you are ready for a detoxification protocol with Dr. Peterson, from Tacoma Health. Learn what happens in the body when you cleanse, how to safely detoxify, and about the many other benefits including lowering blood pressure and reversing diabetes.

Mark your 2018 calendar!

Tuesday, January 9 - Tacoma

Daily Detox and Seasonal Cleansing with Meghan Hintz, LMT

6:30 pm, FREE

Choosing the right detox protocol isn't always as straightforward as you might think. Join Meghan, a local health coach, for a thorough discussion on how to support detoxification on a daily basis, as well as choosing a more comprehensive detox program that takes into consideration how our bodies will respond during different times of the year.

ecologic dentistry
THE NATURAL CHOICE

✓ Safer amalgam removal and detox
✓ Huggins trained dentist
✓ Pinhole Surgical Technique® Certified
The no suture, no scalpel technique for gum recession rejuvenation

Pacific Northwest's
Holistic Dentist



Dr. Carla Yamashiro

✓ 253.863.7005
✓ www.ecologicdentistry.com
✓ thenaturalchoice@ecologicdentistry.com
✓ 8412 Myers Rd E, suite 301,
Bonney Lake, WA 98391

now available 33% CBD oil liposomal
nano-emulsion formulated by world
renowned chemist Dr. Chris Shade
DrY.primemybody.com

DECEMBER

Calendar of Events

PRE-REGISTRATION IS REQUIRED FOR ALL FEE-BASED CLASSES AT LEAST 48 HOURS BEFORE CLASS TIME. Payment can be made online by going to www.marlenesmarket-deli.com, clicking "classes", and following the link provided; by phone; or in person at either Marlene's location. We do not reserve seats for free classes and suggest arriving 15-30 minutes early to claim your seat. Questions? Call us in Tacoma at 253.472.4080, in Federal Way at 253.839.0933, or email us at classhost@marlenesmarket-deli.com.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Super Senior Sunday! 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		Homemade Eggnog with Russell Miller 6 pm, \$20 Tacoma Please pre-register		Fruit Tree Pruning Essentials with Bill Wanless 6:30 pm, FREE Federal Way	Meaningful Movies <i>The Economics of Happiness</i> 6:30 pm, Gig Harbor*	Gifts from the Kitchen with Hal Meng, Center for Food Preservation Arts 10 am – noon, \$10 Tacoma Please pre-register
3	4	5	6	7	8	9
	Uniform Monday! 10% off to all firefighters, police, and military!	Homemade Soap Making with Sarah Willits, founder of Lemonbuzzz Soap 6 pm, \$20 Tacoma Please pre-register		Homemade Soap Making with Sarah Willits, founder of Lemonbuzzz Soap 6 pm, \$20 Federal Way Please pre-register	Meaningful Movies <i>The Economics of Happiness</i> 6:30 pm, Tacoma*	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Christmas Eve Both store locations open until 4 pm	Christmas Day Both store locations closed					
New Year's Eve Both store locations open until 6 pm						
31	25	26	27	28	29	30

*Marlene's is a co-sponsor of Meaningful Movies in Tacoma and Gig Harbor. For more information on movie locations, go to meaningfulmovies.org.

BODY WORK

Schedule



TACOMA

Seated Massage & Energy Work
with Dan Wilson & Diane Newby
Monday, 11 am – 3 pm

Vitamin B shots with
Voda Health
Tuesday, 10 am – 2 pm

FEDERAL WAY

Seated Massage
with Erica Seter
Tuesday, 11 am – 2 pm
Thursday, 2:30 pm – 7 pm
Friday, 3 pm – 7 pm
Saturday, 1 pm – 5 pm

Vitamin B shots with Voda Health
Wednesday, 11 am – 3 pm

FEDERAL WAY

Reiki & Energy Work with Windy Stabile
By appointment only. Please call 616.914.6000

Marlene's™

MARKET & DELI

shop local, eat organic

FEDERAL WAY

2565 S. Gateway Center Place
Federal Way 98003
253.839.0933

TACOMA

2951 S. 38th Street
Tacoma 98409
253.472.4080

HOURS

Monday-Saturday: 8 am - 8 pm
Sunday: 9 am - 7 pm

**We value your suggestions and
feedback! Write to us at:**

feedback@marlenesmarket-deli.com



This newsletter is printed
on paper made from 100%
sustainable fiber with vegetable
based inks. Please recycle this
newsletter by giving it to a friend!

☐ Please send me Sound Outlook by POST (regular mail) ONLY

☐ Please send me Sound Outlook by EMAIL ONLY

☐ Please send me Sound Outlook BY POST AND EMAIL

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

DECEMBER 2017

If you have already signed up for Sound Outlook, you will continue to receive a free issue in the mail every month. If you have not signed up and would like to receive this free publication regularly, complete this form and return to us, or sign up online at marlenesmarket-deli.com.

To unsubscribe, please send us an actual mailing label from a recent issue of Sound Outlook. Thank you!

Tacoma Store Director, Francesca, suggests giving the gift of choice with a gift card from Marlene's. Gift cards allow your friends and family to choose their favorite lifestyle-enhancing food and supplements, sign up for an enriching class, or even experience the amazing creations from our catering department. The more the merrier!

